

Daube Provençale

Provençal-Style Beef Stew

Serves 6

2 tablespoons olive oil

2 pounds beef rump, chuck, or other stew meat, cut into 1-inch pieces, patted dry

2 medium leeks (white and light green parts only), halved lengthwise, sliced
crosswise into ½-inch pieces

4 large cloves garlic, peeled and minced

1 cup unsalted chicken stock

2 cups tomato juice

2 medium carrots, peeled, halved lengthwise, sliced crosswise into ½-inch pieces

1 medium (about 10 to 12 ounces) fennel bulb, diced

1 large potato, peeled and diced into ½-inch dice

Salt

Freshly cracked black pepper

¼ cup fresh minced basil

¾ cup dry elbow macaroni

2 medium zucchini, ends trimmed, sliced crosswise into ½-inch thick rounds

2 tablespoons olive oil

Preheat the oven to 325 degrees. Place a heavy nonstick casserole over medium-high heat and lightly coat with oil. Working in batches, brown the beef on all sides, adding additional oil as needed. When browning the beef, do not overcrowd the pan. Use tongs to transfer the meat to a plate after it is browned. Add the leeks to the casserole along with the garlic, reduce the heat to medium-low, cover the casserole, and cook until tender — about fifteen minutes — stirring occasionally. Pour in the chicken stock and tomato juice, increase heat, and bring to a boil, stirring to release any browned bits on the bottom of the casserole. Return the meat and any juices to the casserole, stir in the carrots, cover, and bake for one hour.

From the fennel bulb, trim off fronds (reserve for another use) and stalks. Peel the stalks and fibrous exterior of the bulb using a vegetable peeler. Quarter the bulb, and core and dice the bulb and stalks. Add fennel and potato to the stew

(recipe continues on reverse)

and bake until the meat is tender when pierced with a knife, about one and a half hours, stirring occasionally. Season the stew with salt, pepper, and basil.

Bring a large pot of water to boil; add the macaroni and cook for seven minutes. Then, add the zucchini. Cook for five minutes or until the macaroni is al dente; drain. Toss the macaroni and zucchini with olive oil, then season with salt and pepper.

To serve, add the macaroni mixture to the stew and stir over medium-high heat until hot. Ladle into soup plates, then sprinkle with fresh basil and drizzle with the remaining olive oil. Serve immediately.

Created by Chef Michel Richard for Garden Café Français



Vincent van Gogh, *The Olive Orchard*, 1889
National Gallery of Art, Washington, Chester Dale Collection

Garden Café Français

From Impressionism to Modernism: The Chester Dale Collection

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